

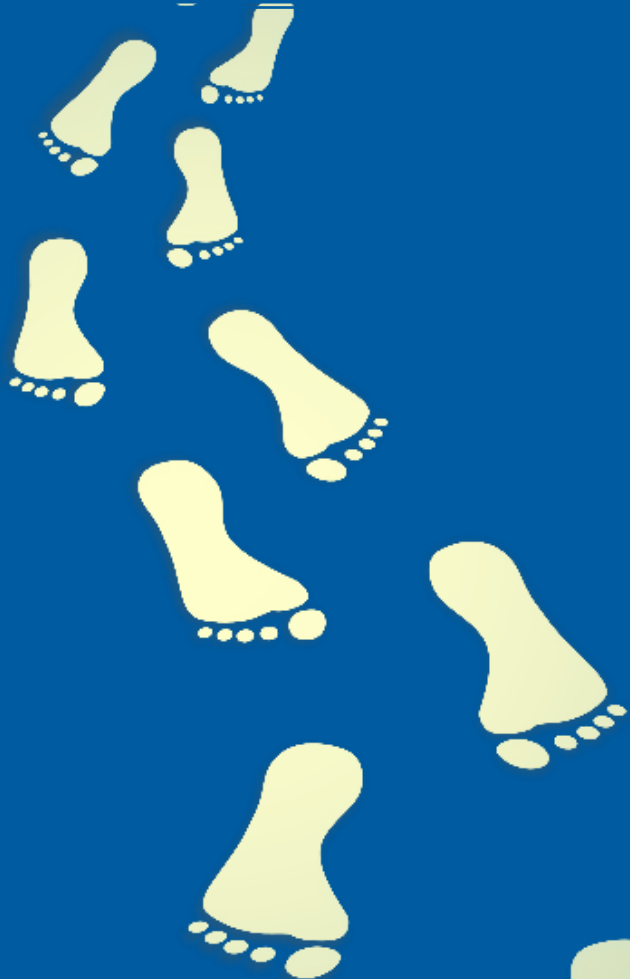
Carshalton High School for Girls

**CHSG**

Excellence: everywhere, every day



# Stepping Up



Your journey to excellence #teamchsg

# Stepping Up

We are delighted to welcome you to our Stepping Up programme. This is designed to help you make the exciting step from primary school to secondary school with ease and to understand more about what it means to be part of #teamchsg.

This booklet is to be used together with a series of videos on our YouTube channel, CHSG Yr 7 Transition.

There are 5 sessions in this booklet:

1. CHSG: Welcome
2. CHSG: A practical guide
3. CHSG: Support
4. CHSG: Our core values
5. CHSG: Being excellent

We will be releasing one video each day during the week beginning 29<sup>th</sup> June 2020. The programme is designed to be completed, one session per day, over the course of the week, but the videos will remain on YouTube, and the sessions in this booklet can be completed at any time over the summer.

The sessions in this booklet contain three icons (below). Please do take time to go through the booklet carefully with a parent/carer thinking about and discussing the questions and activities.



Discuss with a  
parent/carer



Write something  
down



Watch the related video on  
our YouTube Channel.

We're looking forward to meeting you next term!

Mr Devenney, Mr Conduit-Smith, Mr James, Miss Stanley and Miss Williams

# Session 1

## CHSG: Welcome

Mr Devenney  
Headteacher



What does ordinary mean? Can you define it? Write your ideas here...



Please watch Mr Devenney's video.  
Discuss what stands out to you.



Our school motto is...

E \_\_\_\_\_: e \_\_\_\_\_, e \_\_\_\_\_ d \_\_\_\_\_



The pursuit of excellence is important to us. We want to be the very best we can be, and we encourage you to aim for that too. Take a few minutes to discuss with a parent/carer the following questions. Write down your answers.

I am looking forward to joining #teamchsg  
because...

When I am tempted  
not to give something  
my best effort I  
could/should...

The lessons/activities  
I find **most easy** to  
make an effort in  
are...

The lessons/activities  
I find **most difficult** to  
make an effort in  
are...

## Session 2

### CHSG: A practical guide

Miss Williams  
Assistant Year Leader 7



Can you think of three words that describe how you feel about moving to secondary school?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_



Please watch Miss Williams' video.  
Discuss what stands out to you.

Miss Williams spoke about your timetable. Why don't you have a look at the one below and practise reading some information from it?

	1Mon	1Tue	1Wed	1Thu	1Fri
0					
1	<b>Science</b> Miss F Abreu 7SY4/Sc D06	<b>French</b> Mrs M Lane 7RKA/Fr B13	<b>PE</b> Miss J A Marshall 7RD2/Pe Sports Hall	<b>Music</b> Mr R Demaniuk 7RD2/Mu J34	<b>Dance</b> Miss L Bevan 7RD2/Da J27
2	<b>Citizenship</b> Miss E Hocking 7RD2/Cz B02	<b>French</b> Mrs N Devaney 7RKA/Fr B08	<b>English</b> Ms S Ali 7RKA/En A10	<b>French</b> Mrs M Lane 7RKA/Fr B13	<b>Maths</b> Mr V Kumar 7MY1/Ma J44
3	<b>Art</b> Mrs N Patel-Wyeth 7TY3/Ar F02	<b>Design Technology</b> Ms S L Brice 7TY3/Dt F09	<b>History</b> Mrs B M Gill 7RKA/Hi G08	<b>Drama</b> Mr D Rogers 7RD2/Dr J23	<b>Citizenship</b> Miss E Hocking 7RD2/Cz B02
4	<b>Maths</b> Mr V Kumar 7MY1/Ma J44	<b>Science</b> Miss F Abreu 7SY4/Sc D06	<b>Geography</b> Mr D Turner-Browne 7RKA/Gg B01	<b>Computer Science</b> Mr R Demaniuk 7TY3/Ic B05 ICT	<b>French</b> Mrs M Lane 7RKA/Fr B13
5	<b>Drama</b> Mr D Rogers 7RD2/Dr J23	<b>Dance</b> Miss K L C Johnson 7RD2/Da E07 Gym	<b>Maths</b> Mr V Kumar 7MY1/Ma J44	<b>Science</b> Miss F Abreu 7SY4/Sc D06	<b>English</b> Ms S Ali 7RKA/En A10
Aft					



This is an  
example  
timetable.

Yours will look similar, but  
not identical.

\* How many times does  
this student have English  
over the two week  
period?

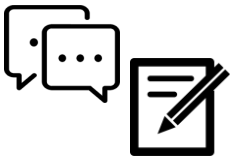
\* Who is this student's PE  
Teacher?

\* What lesson does this  
student have on Week 2  
Wednesday P4?

\* Which room should this  
student go to for Maths?

\* Which subject do you  
think you'll enjoy the  
most?

	2Mon	2Tue	2Wed	2Thu	2Fri
0					
1	<b>Design Technology</b> Ms S L Brice 7TY3/Dt F10	<b>Maths</b> Mr V Kumar 7MY1/Ma J44	<b>Science</b> Ms S Bahk 7SY4/Sc C05	<b>Religion</b> Mr T J Treagust 7RD2/Re D08	<b>Geography</b> Mr D Turner-Browne 7RKA/Gg B01
2	<b>Design Technology</b> Ms S L Brice 7TY3/Dt F10	<b>Science</b> Ms S Bahk 7SY4/Sc C05	<b>PE</b> Miss J A Marshall 7RD2/Pe Sports Hall	<b>English</b> Ms S Ali 7RKA/En A10	<b>Maths</b> Mr V Kumar 7MY1/Ma J44
3	<b>English</b> Ms S Ali 7RKA/En A10	<b>English</b> Ms S Ali 7RKA/En A10	<b>Geography</b> Mr D Turner-Browne 7RKA/Gg B01	<b>English</b> Ms S Ali 7RKA/En A10	<b>Religion</b> Mr T J Treagust 7RD2/Re D08
4	<b>Maths</b> Mr V Kumar 7MY1/Ma J44	<b>Computer Science</b> Mr R Demaniuk 7TY3/Ic B19 ICT	<b>History</b> Miss J Lowe 7RKA/Hi G09	<b>Science</b> Ms S Bahk 7SY4/Sc C05	<b>Maths</b> Mr Z Rahman 7MY1/Ma J46
5	<b>Music</b> Mr R Demaniuk 7RD2/Mu J34	<b>Art</b> Mrs N Patel-Wyeth 7TY3/Ar F02	<b>History</b> Mrs B M Gill 7RKA/Hi G08	<b>French</b> Mrs N Devaney 7RKA/Fr B08	<b>English</b> Ms S Ali 7RKA/En A10
Aft					



Miss Williams spoke about four concerns a Year 7 student might have. Write something in each box to remind yourself why you don't need to worry.

Getting lost

Being late

Equipment

Making friends



It is good to have a plan about how you will manage the different elements of school life.  
Discuss these with your parent/carer.

### Travel

How do you plan on travelling to and from school? If you'll be getting the bus, which bus? Is there an alternative bus if there's any problems? Have you practised your journey?

### Homework

Do you have a quiet space at home to do your homework? Do you need to make a space in your bedroom or another part of the house? Perhaps you'll find going to Homework Club after school helpful?

### Equipment

Have you got everything you need? When do you plan on organising your uniform, equipment, PE Kit and books for each day? Lots of students suggest the night before is a good time. How will you make sure you don't forget anything? Can you make a list of what you will need?

**Write down anything you've discussed that you'd like to remember here...**

## Session 3

### CHSG: Support

Mr James  
Assistant Headteacher  
& SENDCo



Please watch Mr James' video.  
Discuss what stands out to you.



Mr James spoke about two types of support...

P\_\_\_\_\_ support

Who should you speak to first about any worries or concerns you have? \_\_\_\_\_

**What role do the following staff have in school?**

Mrs Newman

Mrs Mellish

L\_\_\_\_\_ support

**Mr James is the SENDCo and he works with...**

\* A D\_\_\_\_\_ S\_\_\_\_\_

\* An A\_\_\_\_\_ A\_\_\_\_\_

\* A S\_\_\_\_\_ & L\_\_\_\_\_ T\_\_\_\_\_

\* An E\_\_\_\_\_ as an A\_\_\_\_\_ L\_\_\_\_\_ T\_\_\_\_\_

\* Seven L\_\_\_\_\_ S\_\_\_\_\_ A\_\_\_\_\_

The word **support** means to give assistance or help. It's important that you are already trying hard to get where you want to be, and we'll be ready to help you along...



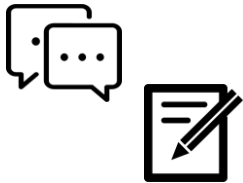
How will you contribute to your own success and wellbeing?  
Think about your attitude towards lessons, when and where you will do your homework, bedtime, how often you use electronics (games consoles, phones, TV), exercise, fruit and vegetables...  
Talk to a parent/carer. Can you come up with some ideas to put in place before September which will help you be excellent?  
Display them in words or drawings in the space below.

**I will pursue excellence by..**

# Session 4

## CHSG: Our core values

Miss Stanley  
Year Leader 7



What do you value? What’s important to you? Why?



Please watch Miss Stanley’s video.  
Discuss what stands out to you.



Please write your own definition of each of our school values in the boxes below. Now check it with a **dictionary**. Did you get the right idea?

Respect

Kindness

Honesty

Ambition

Commitment

Courage





Please choose three of the values. When might you find it **difficult** to show that particular value?

Example:  
Commitment

I might find it difficult to show this if... I was finding the work difficult. I might want to give up.

1.

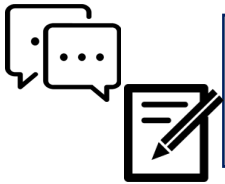
I might find it difficult to show this if/when...

2.

I might find it difficult to show this if/when...

3.

I might find it difficult to show this if/when...



Take each of your answers in turn...how might you be able to manage the difficulties you described?

Example:  
Commitment

If I felt like I wanted to give up I could ask my teacher for help, and try the task again.

1.

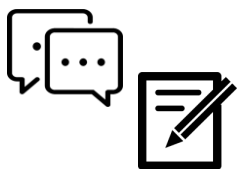
2.

3.

## Session 5

### CHSG: Being excellent

Mr Conduit-Smith  
Deputy Headteacher



Is there anything you are really good, or excellent, at?  
How did you get to be so good?

Excellence doesn't come easily, but it is possible.

To be excellent will require you to do your very best each day, in every aspect of your school life.



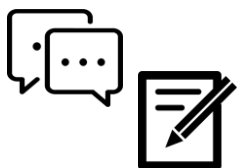
Please watch Mr Conduit-Smith's video.  
Discuss what stands out to you.

Mr Conduit-Smith oversees behaviour and conduct in school (amongst other responsibilities!). What three things did he say were extremely important to ensure your learning is successful?

A \_\_\_\_\_

C \_\_\_\_\_

E \_\_\_\_\_



If you watched someone with an excellent attitude to learning in a lesson, what might you see them doing?





How might a student (you?!) be excellent around school, at break/lunch, travelling to and from school, when doing your homework...? Write your ideas in the box below.



Fast-forward to the Christmas holidays. Which three words or phrases might you want your Form Tutor to use to describe the ways that you've been excellent in the Autumn term?

1.

2.

3.



Now write down which behaviours or attitudes would result in each of these qualities. e.g. If you wrote, hardworking, you'd need to make sure you pay attention in lessons and attempt all your work to the best of your ability.

1.

2.

3.



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Girls' Learning Trust